



Greg Abbott – Manager – Carlisle United Football Club

Good evening and welcome to our latest friendly game against Bolton Wanderers.

This is another game for us all to look forward to as we once again see quality opposition at Brunton Park during what has been a very busy pre-season period.

I'd like to take this opportunity to wish Dougie, his staff and players all the very best for the season ahead. I'm sure their focus will be on being involved at the top end of things and today will be a vital part of their build up towards that.

As we saw on Saturday, against Burnley, there is no room for error in these games and we know we will be given a tough test. We were obviously very disappointed to concede so early in the game at the weekend because that is an area we want to put right.

We found ourselves out of games too early on too many occasions, particularly before Christmas, and the challenge to the lads is to make sure we are much stronger this time round. The Burnley game served as a timely reminder that we have to be determined and resolute from the very first whistle.

The pace is picking up for us now as we come to the end of our programme of pre-season games. The next two weeks are about us fine tuning the work we have already done ahead of our first game against Leyton Orient.

Enjoy the game tonight,

Greg Abbott

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Capital One Cup offer

The Capital One 2-for-1 promotion gives fans the opportunity to claim a free ticket to the Capital One Cup.

Nearly 10,000 fans will get a taste of the Capital One Cup for free this season, thanks to a brand new "buy one get one free" offer for Rounds 1 and 2 of the competition.

Capital One, the credit card company and sponsor of The Football League Cup, is giving fans of participating home clubs the chance to claim an additional match ticket for free when purchasing their own ticket.

The Capital One 2 for 1 promotion will be running across Rounds 1 and 2 of the Capital One Cup 2013/14, with special codes live on local radio and in the local newspaper now. Supporters can claim their free ticket by quoting the code when purchasing their ticket from the club ticket office.

For more information about the Capital One 2-for-1 promotion, including full details of participating clubs, visit www.capitalonecup.co.uk/2for1

50p

50% of all proceeds from this info sheet will go to Prostate Cancer UK



Carlisle United v Bolton Wanderers Tuesday 23 July 2013, kick off 7:45pm, pre-season friendly														
Carlisle United							Bolton Wanderers							
Manager – Greg Abbott							Manager – Dougie Freedman							
	Player Name	P	S	G	Y	R		Player Name	P	S	G	Y	R	
1	Mark Gillespie						1	Adam Bogdan						
2							2	Tyrone Mears						
3	Matt Robson						4	Matt Mills						
4	Chris Chantler						5	Tim Ream						
5	Danny Livesey						7	Chris Eagles						
6							8	Keith Andrews						
7	David Amoo						9	David Ngog						
8	Liam Noble						11	Robert Hall						
9	Lee Miller						12	Zat Knight						
10							15	Alex Baptiste						
11	Danny Cadamarteri						16	Mark Davies						
12	Paul Thirlwell						19	Marvin Sordell						
13							20	Joe Riley						
14	Josh Gillies						21	Darren Pratley						
15	Mike Edwards						22	Stuart Holden						
16	Brad Potts						23	Marc Tierney						
17	Mark Beck						24	Andy Lonergan						
18	Josh Todd						25	Josh Vela						
19	David Symington						27	Chung Yong Lee						
20							28	Craig Davies						
21	James Berrett						29	Jan Gregus						
22	Reece James						30	Michael O'Halloran						
23	Sean O'Hanlon						31	David Wheeler						
24	Alex Salmon						32	Tom Eaves						
25	Brandon Gwinnutt						34	Jay Lynch						
26	Jack Lynch						36	Cian Bolger						
							44	Meda Kamara						
								Jermaine Beckford						
T	Lewis Guy													

Key – P = Played; S = Substitute; G = Goal; Y = Yellow; R = Red; T = Trialist

Big Match Details	
Referee: Mr S Stockbridge Assistant Referee: Mr K Mulraine Assistant Referee: Mr G Beswick Fourth Official: Mr S Clayton	
Carlisle United Goals (scorers and timings):	Bolton Wanderers Goals (scorers and timings):